



County of San Diego

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March 30, 2017

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – APRIL 2017

1. ACTION ITEM(S): NONE

2. **LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS**

2.1 **Special Recognition**

I am pleased to announce that the 10th Edition of the *Comprehensive Textbook of Psychiatry* will include two chapters contributed by David Naimark, MD, Supervising Psychiatrist at our BHS Adult Forensics Clinic. Dr. Naimark has co-authored a chapter on elder abuse with County Deputy District Attorney Paul Greenwood, who heads the District Attorney's Elder Abuse Unit. The elder abuse chapter focuses on the legal, psychosocial and medical aspects of physical and financial abuse of the elderly. Dr. Naimark authored a second chapter on forensic geropsychiatry, providing an overview of the legal issues in geriatric psychiatry.

The textbook is updated and published every ten years, and is considered the definitive textbook and reference for all who work in the mental health field. Editors solicit contributions from a select number of known experts in their fields of psychiatry. Dr. Naimark, a recognized expert in geriatric psychiatry, is one of 618 contributors to the 10th Edition.

The 10th Edition publication, a 5,000-page, two-volume book, is scheduled to be launched at the American Psychiatric Association's convention in May 2017 in San Diego, and marks the 50th anniversary since initially published in 1967. Our kudos to Dr. Naimark for this prestigious accomplishment!

2.2 **BHS Outreach Events**

Staff provided information on BHS programs and services to the public at the following outreach events in March:

Date	Event	Purpose
3-22	West Coast Warrior, Veteran and Family Member Brain Health Expo	A resource fair hosted at Camp Pendleton was attended by approximately 1,000 warriors, veterans, and family members. The Expo was conducted in coordination with Brain Injury Awareness Month and was focused on ways to make the brain healthier, stronger and more resilient. BHS hosted a table and provided materials for this event.
3-30	Lincoln Military Housing Employee Health Fair	A resource fair hosted by Lincoln Military Housing was attended by approximately 300 employees, encouraging them to live an active and healthy lifestyle, live a balanced life and make healthy choices. BHS hosted a table and provided informational materials.

2.3 **Save the Date**

NAMI Walks/HHSA Wellness Fair

On Saturday April 29, 2017, BHS will again partner with the San Diego Chapter of the National Alliance on Mental Illness (NAMI San Diego) in a 5K Run/Walk and HHSA Wellness Expo at Liberty Station to kick-off May is Mental Health Month. Additional activities are planned including more than 100 exhibitor booths and interactive activities for kids and families. The free community event is designed to highlight the importance of mental health and open the conversation to end stigma.

Behavioral Health Recognition Dinner (BHRD)

The BHRD is being held on Friday, June 9, 2017, at the San Diego Mission Valley Marriott. Awards are presented to recognize staff, volunteers and community members who have demonstrated outstanding support to clients and family members in their efforts to achieve recovery and reduce stigma. Awards are presented in three categories, Behavioral Health Person of the Year, twelve Community Awards, and Champions of Behavioral Health. Details, including ticket information, will be provided as they become available, and can be accessed through the Committee's website, www.bhrdsandiego.net.

3. **UPDATE FROM THE ADULT AND OLDER ADULT (AOA) SYSTEM OF CARE**

3.1 **Housing Update:**

Mental Health Services Act (MHSA) Special Needs Housing Program

In September 2015, the County of San Diego Board of Supervisors approved \$10 million in one-time funding for the Special Needs Housing Program (SNHP) to leverage the development of permanent supportive housing units in the county. Altogether, these funds are expected to help create over 60 new units for homeless individuals with Serious Mental Illness (SMI). The \$10 million is in addition to over \$33 million of funding initially awarded in 2008 for permanent supportive housing developments. The original \$33 million helped fund 15 housing developments (including Atmosphere, described on the next page), which provided a total of 241 permanent supportive housing units for MHSA-eligible clients.

Planning for the Beacon Apartments and New Palace Hotel, the first two permanent supportive housing developments to be funded through the SNHP, is moving forward. Thirty-day postings for the developments ran from January 13 to February 13, 2017, and the County received no comments regarding the projects during the posting period.

The Beacon Apartments

Developed by Wakeland Housing and Development Corporation, this project will have 44 total units, including 22 units for MHSA-eligible adults (aged 25-59). Supportive services for the MHSA units will be provided by a BHS-contracted Full Service Partnership (FSP) provider. The Beacon Apartments will be located in downtown San Diego.

New Palace Hotel

Developed by Housing Development Partners, this project will have 80 total units, including approximately 10 units for MHSA-eligible older adults (aged 62+). Strengths-Based Case Management (SBCM) services for the MHSA units will be provided by Telecare AgeWise. The New Palace Hotel will be located in the Bankers Hill area of San Diego.

Atmosphere

Signing up tenants for initial occupancy at Atmosphere, a new-construction affordable and supportive housing development located in downtown San Diego, is in its early stages. The 205-unit project will include 51 supportive housing units for formerly homeless individuals with special needs. All special needs clients were referred through the Coordinated Entry System (CES), which was formerly known as Coordinated Assessment Housing Placement (CAHP). Atmosphere will also provide affordable housing in a mix of unit sizes, from studios to three bedrooms, for individuals and families earning up to 60% of the area median income. The grand opening for Atmosphere, which was developed by Wakeland Housing and Development Corporation, is planned for late spring or early summer 2017.

Funding for the construction of Atmosphere included nearly \$3.5 million in funding through the California Housing Finance Agency (CalHFA). The San Diego Housing Commission also committed 31 project-based subsidies for MHSA-eligible clients. The 31 MHSA studio units will house individuals with SMI who are currently enrolled in CRF IMPACT, a BHS-contracted FSP Assertive Community Treatment (ACT) program. IMPACT provides services to adults aged 25-59 who are homeless or at risk of homelessness and are high utilizers of acute inpatient care, medical services, and/or locked long-term care.

3.2 Innovation Project 13: Faith Based Academy - North Inland

In January 2016, Interfaith Community Services began designing, creating and implementing a Faith Based Academy (FBA) under MHSA Innovation-13. They were tasked with providing outreach to faith-based congregations and behavioral health professionals, engaging them and encouraging them to attend the FBA and become "Faith Based Champions." They created training and curriculum to increase awareness about mental health illness and wellness, behavioral health services in the community, faith and spirituality principles and values, and community support services.

This innovative, educational community-based training academy increases community collaboration and the development of long-standing, trusting partnerships. The FBA hopes to reduce the stigma of mental illness, provide useful information to better recognize mental illness and identify ways to help those suffering from mental illness. The training is intended for faith leaders and mental health professionals.

The goals of the FBA include creating supportive and caring faith communities, educating behavioral health professionals on the benefits of addressing spiritual values in treatment, and connecting these two groups to be able to treat clients in a holistic, all-inclusive way. All

participants receive information regarding local resources, including a resource guide to connect those suffering from mental illness (and their families) with the best possible support and treatment. The FBA provides 14 hours of training from 10 subject matter specialists. Trainings are offered in both English and Spanish. To date, Interfaith has trained a total of 70 participants, including 39 behavioral health professionals and 31 faith based leaders. Among these participants are 19 Faith Based Champions.

3.3 County Case Management's Specialized Housing Pilot Project

In Fiscal Year 2015-16, County Case Management was actively involved in the development of increased system-wide coordination within the County of San Diego to address the issue of homelessness in our communities. The East County Behavioral Health Outpatient Clinic, in partnership with East County Strengths-Based Case Management and San Diego Housing and Community Development, was instrumental in developing a Specialized Housing Pilot Project (The Golden 15) that connected SMI individuals receiving outpatient mental health services with Section 8 housing vouchers. The project also worked with local landlords to transition clients into housing units across the region.

County Case Management continues to address homelessness in East County by coordinating and successfully connecting homeless individuals with mental health conditions to housing units through the use of Section 8 vouchers supported by the Project One for All (POFA) Initiative. Effecting change across the continuum of care with the growing homeless population, County Case Managers also screened individuals who were homeless or at risk for homelessness at the San Diego County Psychiatric Hospital prior to discharge, East County Superior Court, local crisis centers and in several of our County Jails. This level of screening inclusivity and immediate response to individuals needing immediate shelter and behavioral health treatment is designed to prevent these individuals from falling through gaps in the system, while offering immediate physical and behavioral health linkage, treatment, and addressing immediate housing needs.

3.4 San Diego Workforce Partnership - Supported Employment

In Fiscal Year 2014-15, the San Diego Workforce Partnership (SDWP), a technical consultant for BHS, was hired to develop the BHS Supported Employment Initiative. In developing the Initiative, SDWP conducted focus groups with consumers, County staff, and community stakeholders to identify effective approaches to support individuals with SMI in obtaining and retaining competitive employment. Employer Socials were also held as an opportunity to outreach to clubhouses and local businesses to get feedback on employment needs. The information collected was also used to develop the Five-Year Strategic Employment Plan, finalized in January 2015.

In subsequent years, to move the Supported Employment Initiative forward, there were several contract changes made to include employment-related language to the Statements of Work (SOW) for FSPs and clubhouses. Employment Specialist positions were added to those outpatient clinics with the highest numbers of clients seeking employment. The Work Well Committee was established as a subcommittee of the BHS Adult Council, and leads the training and coordination for all of the Supported Employment efforts in BHS.

The above efforts have made an impact on outcomes since implementation resulting in the following:

- Two percent increase in clients being competitively employed since Fiscal Year 2014-15 (out of 43,780 total clients in the system of care).

- One percent increase in clients seeking work in Fiscal Year 2015-16 (out of 42,805 total clients in the system of care).
- Two percent decrease in clients not in labor force since Fiscal Year 2014-15.

3.5 Pathways Community Services - Urban Beats Program

Urban Beats is an MHSA Innovation-funded program in the Central Region of San Diego utilizing artistic expression with Transitional Age Youth (TAY) who are Seriously Emotionally Disturbed (SED), have SMI, or are at-risk of developing mental health conditions. The program incorporates multiple modes of artistic expression that creatively combine therapeutic, stigma-reducing cultural expression and social justice messaging for the TAY community. Anti-stigma messaging is communicated through incorporation in social media and live performances that include spoken, written, visual and musical expression. These artistic communications and performances aim to increase knowledge and connection to behavioral health services by delivering the messaging created by TAY, for TAY.

In its first year, Fiscal Year 2015-16, of the 55 TAY enrolled in the program for 180 days, 24% had a reduction in emergency services (Psychiatric Emergency Response Teams, Emergency Screening Unit and inpatient), 68% indicated that they were more comfortable seeking help, 59% dealt more effectively with daily problems and 65% were less bothered by their symptoms. Outcomes from the program's first large performances in Fiscal Year 2016-17 include 80% of youth noting an increased knowledge of mental health stigma, 88% having an increased knowledge of social services, and 78% of youth having an increased knowledge of sexual health.

3.6 NAMI PeerLINKS – Peer Assisted Transitions Innovation Project

The PeerLINKS program, Peer Assisted Transitions, is an Innovation-funded program that began in July 2016, and was developed with the goal of increasing the depth and breadth of services to adults aged 18+, diagnosed with SMI, who use acute, crisis-oriented mental health services, but are not effectively connected with community resources. Linkage of this population to needed community resources is made through providing peer specialist coaching that incorporates shared decision-making and active social supports.

PeerLINKS serves adults who present at Scripps Mercy and University of California at San Diego (UCSD) Behavioral Health Units, and in their Emergency Departments (EDs), as well as at Community Research Foundation's (CRF) Vista Balboa and New Vistas crisis residential facilities. The Peer Assisted Transitions program employs Peer Support Coaches (PSC), who work closely with the client, crisis house, and hospital-assigned discharge planner to participate on the discharge planning team by promoting use of shared decision-making and ensuring the client is actively involved in his or her discharge planning process. After discharge, the PSC engages in the active provision of and coaching about shared decision-making, linkage to relevant community services, and arranging social/recreational outings. Caseloads are low to ensure service providers have sufficient time to provide highly individualized support to each person, as well as coordinating and participating in social outings with both individuals and groups of those served.

As of January 31, 2017, there were 41 individuals enrolled in the PeerLINKS program. Of the 41 enrolled individuals, 34 of those were successfully connected to treatment services. The program is expected to serve 200 individuals per year over the course of the contract.

3.7 In Home Outreach Team (IHOT) Update and Laura's Law/Assisted Outpatient Treatment (AOT) Update

In April 2015, the Board of Supervisors adopted Laura's Law and approved a plan to implement Assisted Outpatient Treatment (AOT) in San Diego County, which provides a path to court-ordered treatment for SMI individuals who are resistant to treatment services. AOT is a program targeting individuals with SMI who meet the nine criteria identified in Laura's Law (WIC 5345-5349.5), which makes them subject to court-ordered treatment. Specifications for the AOT treatment model are also included in Laura's Law. Prior to adopting Laura's Law, and in response to the needs of treatment-resistant individuals, BHS implemented the voluntary-based IHOT program. IHOT serves as the entry point of a continuum of services with the goal of connecting SMI individuals voluntarily to appropriate services, or if the client meets the AOT criteria, connecting them to the AOT program.

IHOT serves all six HHSA regions through two contracted providers. Referrals come through a variety of sources including hospitals, PERT, law enforcement, jails, family members, etc. Teams work to engage the person in need in a setting that is comfortable for the individual, with the ultimate goal of connecting the participant to voluntary treatment services. Although this coordinated approach is very successful in linking individuals to services, there are some who remain resistant to engagement and treatment services. These individuals are referred to the AOT program for a face-to-face evaluation to determine if the path to court-ordered treatment is appropriate based on Laura's Law's nine criteria for AOT services.

The AOT program is a contractor-operated Full Service Partnership that began offering services April 1, 2016. AOT picks up where IHOT services end; participants can enter either voluntarily or through the AOT court-ordered process for those meeting all nine criteria.

As of March 1, 2017, there were 24 individuals voluntarily enrolled and receiving services in the Laura's Law/AOT program. To date, there have been no petitions filed for court-ordered treatment, primarily due to individuals either voluntarily connecting to services prior to a petition being filed, or needing a higher level of care than what can be provided through the program, including conservatorship.

Respectfully submitted,



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AA:mw

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